WHAT IS CLAIMED IS:

1. A metal unitary structural member, comprising:

an elongated, axially extending central portion;

a plurality of web portions extending radially from said central portion and extending in an axial direction along a length of said central portion; and

a plurality of radially outer portions extending in said axial direction along a length of said central portion and between said web portions in cross-section, said plurality of outer portions defining a outer surface of the member.

2. The member of claim 1 wherein said plurality of outer portions are arched in cross-section.

3. The member of claim 1 wherein said plurality of web portions each include a plurality of perforations.

4. The member of claim 3 wherein said plurality of perforations are radially disposed between said central portion and said radially outer surface.

5. The member of claim 3 wherein said perforations are disposed within said plurality of web portions radially symmetrically about said central portion.

6. The member of claim 3 wherein said perforations are axially disposed within said plurality of web portions at axial intervals.

7. The member of claim 1 wherein said central portion is curvilinear.

8. The member of claim 1 wherein said plurality of web portions are curvilinear.

9. The member of claim 1 wherein said plurality of web portions varies in radial length at various axial positions along the member.

10. The member of claim 1 wherein said central portion and said plurality of web portions have a curvilinear radial trajectory.

11. The member of claim 1 wherein said central portion and said plurality of web portions have a linear radial trajectory.

12. The member of claim 1 further including a connecting structure on at least one axial end for connecting to another member.

13. The member of claim 12 wherein said connecting structure includes a connector that is self-registering.

14. A metal unitary structural member comprising:

a plurality of perforated web portions extending radially from each other and extending with each other in an axial direction; and

a plurality of outer portions extending in an axial direction with said web portions and extending between said web portions in cross-section, said plurality of outer portions defining a radially outer surface of the member.

15. The member of claim 14 wherein said plurality of outer portions are arched in cross-section.

16. The member of claim 14 wherein said perforations are axially disposed within said plurality of web portions at axial intervals.

17. The member of claim 14 wherein an axis of the member is curvilinear.

18. The member of claim 14 wherein said plurality of web portions varies in radial length at various axial positions along the member.

19. The member of claim 17 wherein said plurality of web portions have a curvilinear radial trajectory.

20. The member of claim 14 wherein said plurality of web portions have a linear radial trajectory.

21. A metal unitary structural member comprising:

an elongated, axially extending central portion;

a plurality of web portions extending radially from said central portion and extending in an axial direction along a length of said central portion; and

an outer surface including a plurality of outer portions extending in an axial direction along a length of said central portion and between said web portions in cross-section, said plurality of outer portions being arched in cross-section.

22. The member of claim 21 wherein said plurality of web portions each include a plurality of perforations.

23. The member of claim 21 wherein said perforations are axially disposed within said plurality of web portions at axial intervals.

24. The member of claim 21 wherein said central portion is curvilinear.

25. The member of claim 21 wherein said plurality of web portions varies in radial length at axial positions along the member.

26. A metal unitary structural member comprising:

an elongated, axially extending central portion;

a plurality of perforated web portions extending radially from said central portion and extending in an axial direction along a length of said central portion; and

a plurality of outer portions extending in an axial direction along a length of said central portion and between said web portions in cross-section, said plurality of outer portions being arched in cross-section, said plurality of outer portions defining an outer surface of the member.

27. The member of claim 26 wherein said central portion is curvilinear.

28. The member of claim 26 wherein said plurality of web portions are curvilinear.

29. The member of claim 26 wherein said plurality of web portions varies in radial length at various axial positions along the member.

30. The member of claim 26 wherein said central portion and said plurality of web portions have a curvilinear axial trajectory.

31. The member of claim 26 wherein said central portion and said plurality of web portions have a linear axial trajectory.